

202 Manitou Avenue  
Manitou Springs CO 80829  
(719)685-9735 POOL - [www.manitousprings-co.gov/aquatics.asp](http://www.manitousprings-co.gov/aquatics.asp)  
(719)499-1642 Roy Chaney – Director/Head Coach

# Manitou Aquatics & Fitness Center

Fall/Winter 2006

## Aqua Aerobics

Aqua Aerobics is a great way to get fit, keep fit, or be fitter. Water Exercise is the perfect answer to your fitness needs or goals. It is adaptable to all personal conditions such as illness, injury, and post surgeries- a great addition to physical therapy. You can target specific body areas to exercise or combine several movements into a complete head-to-toe activity. Because of its unique physical properties, water provides the ideal environment for exercise. The natural buoyancy of water reduces weight bearing stress while allowing greater ease of movement with less strain on bones, joints, and muscles. The increased density of water creates even and fluid resistance comfortable toning and strengthening muscles with greater balance and efficiency.

### Classes are as follows:

**AquaFit:** Monday & Friday 8:05am-8:50am  
Tuesday, Thursday & Sat. 9:05-9:50am  
Tuesday & Wednesday 6:05pm-6:50pm

**Deep Water:** Monday & Thursday 6:05pm-6:50pm  
Wednesday 8:05am-8:50am

**Special Needs:** Monday, Wednesday, Friday 11:00am-11:45am

**Senior Aerobics:** Tuesday & Thursday 10:00am-10:45am

**The First Class is on us!**



## Group, Personal Weight Training

with Vikki Webster – Certified Fitness Trainer

Vikki will train and motivate you to reach your goals in:

- Weight training
- Golf Conditioning

-Weight Management/Sports Nutrition

**Group training:** 18 classes for \$75 (first time)  
18 classes for \$55 (resigns)  
No make-ups!

### Personal training:

Single session: \$50  
6 classes: \$270  
15 classes: \$600

Training can be adaptable to most personal conditions such as illness, injury, and post surgeries- a great addition to physical therapy.

If you need additional information, please call Vikki at (719) 337-7029 or the pool at (719) 685-9735.

## Public Group Swimming Lessons

Learn how to swim by Red Cross certified instructors.

~Learn-to-swim & Baby & me classes~

Classes on **Saturdays:**

Session 1 – Oct. 7-Nov. 11  
Session 2 – Jan. 13-Feb. 17  
Session 3 – Feb. 24-Mar. 31  
Session 4 – Apr. 7-May 12

Times: 10am-10:30am, 10:35-11:05am or 11:10-11:40am

Certificates awarded after each session!

Classes will be filled on a first-register, first-serve basis. Payment must be received with registration form to be considered registered.

Up to 4 classes available per ½ hour. Levels will be determined by the first four to register each session. Levels may be combined if the class is less than 4 students.



*Refund and Cancellation Policy: All classes will be canceled for the day if District 11 or District 14 closes due to weather. We will attempt to call/email as soon as possible if a class is canceled due to illness or other unforeseeable circumstances. No refund after registration as we pay coaches/instructors and limit participation based on our registrations. (Revised 9/11/2006)*



## **Torpedo Stroke Clinic** with Coach Roy Chaney

The Torpedo stroke clinic is a program that will teach your child how to reduce resistance in the water while increasing power. Our goal is to provide your swimmer with proper stroke technique using "State of the Art" drills that enhance and improve their ability to master the water. Many programs focus purely on swimming laps and intervals. We believe in precision and mastery of strokes in the foundation for excellence in swimming. Each week, we teach the swimmer based on ability and provide special drills that will improve their balance as well as increase their endurance.

All sessions will cover different balance drills that benefit all strokes. Once a month we conduct time-trials to teach race strategies, improve race performance and prepare the swimmer for our spring and summer swim team. Ribbons are awarded for participation

Stroke clinic and swim team are great post swim lesson programs to continue your child's swimming growth.



[www.coloradotorpedoes.com](http://www.coloradotorpedoes.com)

## **Sessions:**

**Tuesdays and Thursdays**

September 5-21

October 3-19

Oct/Nov 31-16

Nov/Dec 28-14

**5:00pm-6:00pm**

*Min. Requirements: Pass level 6*

*(25 free, 30 ft back, treadwater for 1 minute)*

Cost: \$50 per session\*

-Pay for the 4-month program and save \$25

-Family discount 2 or more children save \$5 each additional child

(\*Our policy that no child be denied the opportunity to swim whether or not their parents can pay the full price -scholarships available-please ask coach Roy)

## **Pool Birthday Parties**

Have your next birthday party at the pool. Party guards will play fun games with the children while you sit and relax and enjoy the party. Table and chairs will be set-up on our patio (inside during inclement weather) and you can bring your own food and drink. We will provide clean-up.

**Private Party** (after hours)-\$100 1<sup>st</sup> hour,  
\$75/hr each additional hour (includes lifeguards).

**Non-Private Party** (during recreation swim)-\$20  
+ guest fees.

## **Health & Safety Classes**

American Red Cross Health & Safety Classes are conducted several times a year. Class location will be announced and may be held at the pool or fire station. (Bring a lunch!)

### **Babysitting Class:**

September 30<sup>th</sup> 9am-2pm \$30 (includes books)

### **Community First Aid & CPR:**

October 21<sup>st</sup> & 28<sup>th</sup> 9am-2pm \$40 (includes books)

### **Water Safety Instructor:**

Class will be scheduled for January 2007! \$150.00 (includes books)

### **Lifeguard Training:**

September 16<sup>th</sup> – October 14<sup>th</sup>

Saturdays 1pm-5pm \$130.00(includes books)

<b><u>Party Guard Fees</u></b> Cost per hour /Group size	<b><u># of party guards</u></b>	<b><u>Games available (pick 4 per hour) *part of total price **additional cost</u></b>
\$20/ Up to10	1	*Noodle race *Kickboard race *water basketball *sharks & minnows *diving ring race **soda dive (.75 per soda) **penny dive (cost of pennies) **treasure hunt (\$1 per child) Ideas for games-let us know
\$35 / 11-20	2	
\$55 / 21 & up	3	

